

## Liverpool John Moores University

Title: PHYSICAL ACTIVITY, EXERCISE AND HEALTH  
Status: Definitive  
Code: **4000SPOSCI** (114179)  
Version Start Date: 01-08-2011  
  
Owning School/Faculty: Sports Sciences  
Teaching School/Faculty: Sports Sciences

Team	Leader
Dominic Doran	Y

**Academic Level:** FHEQ4      **Credit Value:** 12.00      **Total Delivered Hours:** 24.00  
**Total Learning Hours:** 120      **Private Study:** 96

### Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	20.000
Practical	4.000

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	AS1	Group oral or poster presentation (approx 1500 words)	50.0	
Essay	AS2	Essay/Workbook (approx 1500 words)	50.0	

### Aims

*This module introduces and explores the inter-relationships between physical activity, physical fitness and health by addressing epidemiological, local and national policy issues in addition to lifestyle factors that predispose the individual to health and disease processes.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Comment on and discuss the inter-relationships between health, well-being, physical activity and physical fitness.
- 2 Comment on and discuss of the importance of physical activity and physical fitness in the maintenance of positive health and well-being.
- 3 Describe and comment on the principles of exercise prescription, physical activity assessment and prescription.
- 4 Describe and comment on national and local policy issues that impact on the promotion of physical activity and physical fitness.

## Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Presentation	1	2	3
Essay	1	2	4

## Outline Syllabus

*Introduction to the epidemiology of physical activity, physical fitness and health.*  
*Individual and social concepts of health.*  
*Theoretical concepts of hypokinetic disease.*  
*Theoretical issues on the assessment and prescription of physical activity.*  
*Local and national policy issues on health promotion and physical activity.*  
*Case studies in physical activity exercise and health.*

## Learning Activities

Lectures provide the key stimulus material and associated reading for this module. Students are required to engage with this material to complete their coursework tasks. Some case study practical work is also used to help students develop their understanding of associated material.

## References

<b>Course Material</b>	Book
<b>Author</b>	ADNF
<b>Publishing Year</b>	1990
<b>Title</b>	Allied Dunbar National Fitness Survey :A report on activity patterns and fitness levels:Main findings
<b>Subtitle</b>	
<b>Edition</b>	1st

<b>Publisher</b>	Human Kinetics Publishers
<b>ISBN</b>	1-872158-55-2

<b>Course Material</b>	Book
<b>Author</b>	Bouchard, C., Shephard, R.J., Stephens, T., Sutton, J.R. and McPherson, B.D.
<b>Publishing Year</b>	1990
<b>Title</b>	'Exercise fitness and health :A concensus of current knowledge
<b>Subtitle</b>	
<b>Edition</b>	1st
<b>Publisher</b>	Human Klnetics Publishers
<b>ISBN</b>	0873222377

<b>Course Material</b>	Book
<b>Author</b>	Corbin, C.B. and Lindsey, R and Welk, G.
<b>Publishing Year</b>	2000
<b>Title</b>	Concepts of fitness and wellness
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	McGraw Hill publishers
<b>ISBN</b>	0-697-29566-4

<b>Course Material</b>	Book
<b>Author</b>	Dishman, R.K.
<b>Publishing Year</b>	1988
<b>Title</b>	Exercise adherence and its impact on Public Health
<b>Subtitle</b>	
<b>Edition</b>	1st
<b>Publisher</b>	Human Kinetic Publishers
<b>ISBN</b>	0873221028

<b>Course Material</b>	Book
<b>Author</b>	Dishman, R.K
<b>Publishing Year</b>	1994
<b>Title</b>	Advances in Exercise Adherence
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Human Kinetic Publishers
<b>ISBN</b>	087322664x

<b>Course Material</b>	Book
<b>Author</b>	MacAuley D
<b>Publishing Year</b>	1999
<b>Title</b>	Benefits and Hazards of Exercise
<b>Subtitle</b>	
<b>Edition</b>	1st

<b>Publisher</b>	BMJ Publishing
<b>ISBN</b>	072791412x

<b>Course Material</b>	Book
<b>Author</b>	Sallis, J.F. and Owen, N.
<b>Publishing Year</b>	1999
<b>Title</b>	Physical activity and behavioural medicine
<b>Subtitle</b>	
<b>Edition</b>	1st
<b>Publisher</b>	Sage Publications
<b>ISBN</b>	08039-5337-4

<b>Course Material</b>	Book
<b>Author</b>	Hardman,A.E. and Stensel,D.J.
<b>Publishing Year</b>	2004
<b>Title</b>	Physical Activity and Health
<b>Subtitle</b>	The Evidence Explained
<b>Edition</b>	1st
<b>Publisher</b>	Routledge
<b>ISBN</b>	0-415-27071-5

<b>Course Material</b>	Book
<b>Author</b>	Mc Kenna,J and Riddoch,C
<b>Publishing Year</b>	2003
<b>Title</b>	Perspectives on Health and Exercise
<b>Subtitle</b>	
<b>Edition</b>	1st
<b>Publisher</b>	Palgrave:MacMillian
<b>ISBN</b>	0-333-78700-5

---

## Notes

This module provides an introduction to the policy and epidemiological basis required to understand the influence of physical activity and physical fitness on societal and individual health and well being.